

COVID-19 Mental Health Resources

Managing COVID-19 Anxiety and Mental Health

- Anxiety and Depression Association of America (ADAA)

The ADAA blog posts and videos contain information individuals need to know about the virus and helpful tips about how to mitigate against increased anxiety.

<https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources>

- Centers for Disease Control and Prevention (CDC)

The CDC provides resources to help people cope with increased anxiety.

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

- National Alliance on Mental illness (NAMI)

The coronavirus can significantly affect mental health for everyone, but especially for those with mental illness. Both the anxiety of contracting the disease as well as the increase in loneliness and isolation can worsen and trigger symptoms.

<https://www.nami.org/Blogs/NAMI-Blog/March-2020/Coronavirus-Mental-Health-Coping-Strategies>

- The Rappahannock Area Community Services Board

The Rappahannock Area Community Services Board put together a fairly exhaustive list of mental health resources for COVID-19.

<https://rappahannockareacsb.org/general/covid-19-updates/>

Resources for People in Recovery

- Alcoholics Anonymous

Local Alcoholics Anonymous meetings have moved online for anyone struggling with those issues.

<http://www.aarichmond.org/index.php> <https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf>

- Substance Abuse and Mental Health Services Association (SAMHSA)

Behavioral health tips for social distancing, quarantine, and isolation during an infectious disease outbreak.

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>